



Conscious Sedation

Information for adult patients at the Clinical Center

What is conscious sedation?

Conscious sedation is a way your doctor can help you feel more relaxed during a medical test or procedure. This type of sedation is given in a controlled way so that you are drowsy, but still able to hear and respond to doctors and nurses. You will not be asleep. You will be relaxed and less aware of your surroundings and the discomforts you might feel.

What medications are usually used for conscious sedation?

Ativan, Valium, morphine, Demerol, fentanyl, and Versed are the drugs commonly used for conscious sedation. If you have had a reaction to any of these drugs in the past, please report this to your doctor or nurse.

How are sedation medications given?

Sedation medications may be given by mouth, but they are usually given by vein (intravenously) or by an injection into a muscle (intramuscularly). Sometimes oral medications are used. Oral medications may take 30 to 60 minutes to take effect. The effects of intravenous medication may be felt immediately.

What are the risks of sedation?

- After your procedure, you may feel very sleepy for several hours.
- People respond differently to sedation. Your breathing may become very slow. Your doctor or nurse may give you oxygen to help you breathe more easily.
- Your blood pressure may become lower. If this occurs, you may be given intravenous fluids.

How do I prepare for receiving sedation?

- You will be asked to sign a consent form that permits us to do the procedure and give you sedation. The consent form may cover both the procedure and the sedation.
- If you are an outpatient, you will be asked to bring a responsible adult with you to drive you home or back to your hotel. This person must be available when you are ready to be discharged.
- You should not eat for 8 hours before the procedure. You may sip clear liquids (for example, water or broth) for up to 2 hours before receiving sedation.

- Avoid drinking alcohol or smoking heavily the night before and the day of your procedure.
- A doctor will ask you about allergies; current medications; and your medical, surgical, anesthetic, and family histories.
- A physical examination will be performed to evaluate you for conscious sedation and to check your breathing, blood pressure, and pulse.
- You will receive instructions about the procedure and the recovery period.

Please feel free to ask questions at any time.

What happens during the procedure?

- A nurse and doctor will stay with you at all times to check your level of drowsiness, and your vital signs (pulse, blood pressure, and respiration).
- Your vital signs will be checked every 5 minutes.
- Your oxygen level will be checked continuously with a device that clips onto one of your fingers.
- You will feel very relaxed and may even begin to sleep, but you will awaken easily and be able to talk with the doctors and nurses.

What happens after the procedure?

- You will be watched closely by a nurse until you have recovered from the effects of the sedatives.
- Your oxygen level will be measured with the device attached to your finger.
- As you recover, a nurse will closely monitor your blood pressure, breathing, and pulse every 15 minutes.
- If you are an inpatient of the Clinical Center, you will be returned to your room when your vital signs are stable.

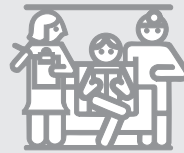
For outpatients

How soon after the procedure can I be discharged?

1. The timing of your discharge depends on several things:
 - You must be awake, alert, and know where you are.
 - You must not be bleeding or vomiting.
 - Your blood pressure, pulse, and breathing must be close to normal for you.
 - You must be able to drink fluids.
2. Your intravenous line will be removed after you are able to drink.
3. A responsible adult must drive you home or back to the hotel where you

are staying. This person must be available when you are ready to be discharged.

4. You may not drive, drink alcohol, operate machinery, or sign legal documents for 24 hours after receiving conscious sedation.
5. Your doctor must write an order for you to be discharged.



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